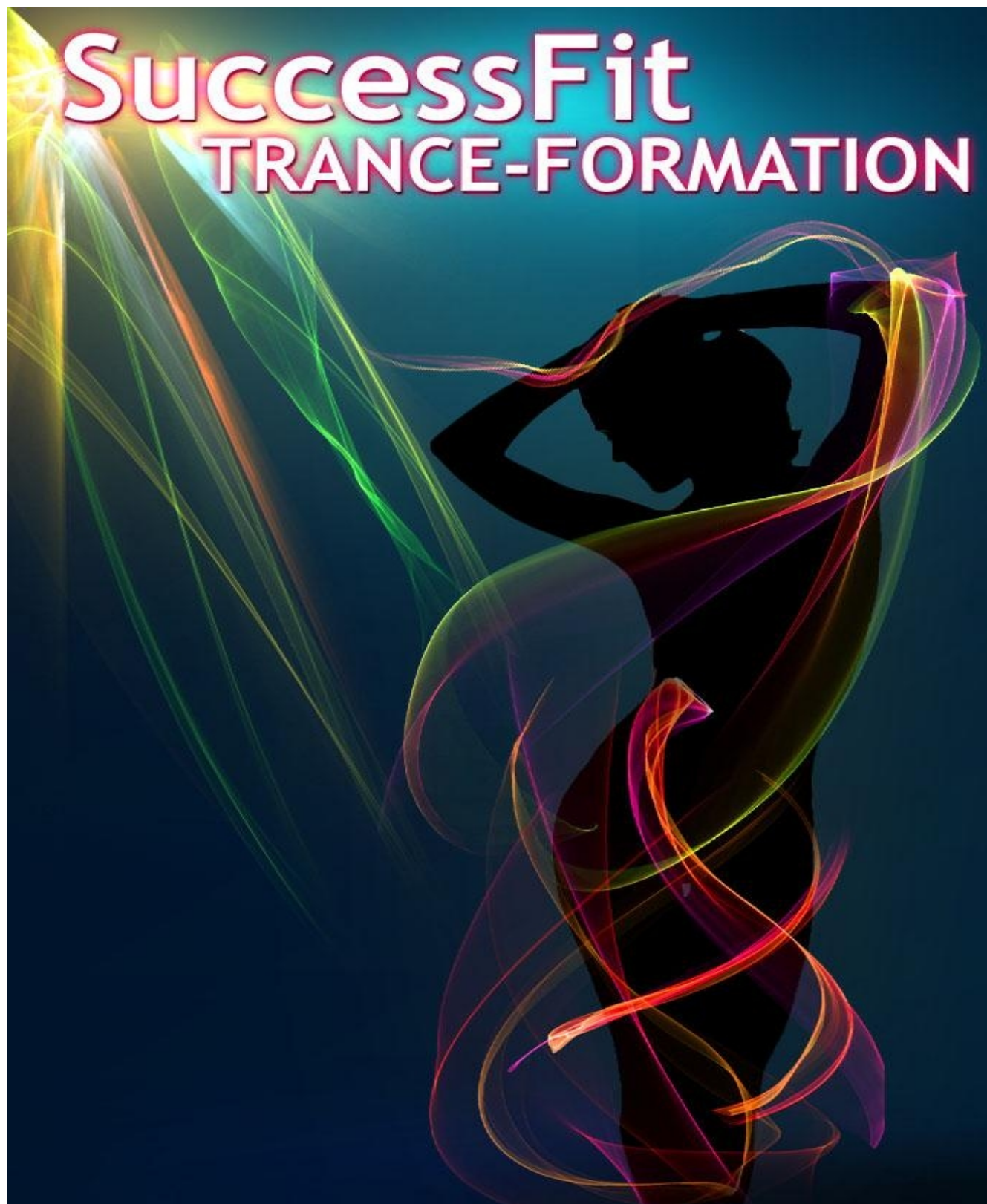


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SuccessFit Trance-Formation Program Starting Point and Instructions

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SuccessFit Starting Point and Instructions

Welcome! I am very happy you have decided to [purchase the SuccessFit Trance- Formation](#) Weight Loss program. This program is designed to provide you with the tools needed, not only to lose weight, but also to achieve maximum health. This program is not a diet, but rather a set of instructional DVD's combined with hypnosis programs that will help you to transform your lifestyle. This program is not something you will do for a short period of time and then return to unhealthy patterns of eating, but one that will help you reprogram negative associations and break addiction to obesogens and allow you to move forward enjoying the highest quality of life.

Although you can integrate the material into your life in any order and as quickly or as slowly as you want to see results, these are the suggested steps:

1.) This program is not a substitute for the diagnosis or treatment of any medical condition. It is impossible for any educational program to assess and know your individual needs. If you are currently under the care of a physician continue to take all medication as directed and discuss with your doctor your plan to use this knowledge to assist you in achieving health. Follow all of your personal physicians recommendations, even if they deviate from the material presented. If you have undiagnosed or untreated medical conditions consult a licensed physician for the diagnosis and treatment of these conditions before beginning any diet or exercise program.

2.) DVD 1: Begin with the educational DVD that focuses on the over-view of this program and providing information about high nutrient density eating. It may be helpful to take notes to aid in your learning of the materials, and to view this DVD more than once. There is a lot of information and viewing it a couple times will help you to digest the instruction.

3.) Audio CD 1: The purpose of this first session is to help you add new things to your life and begin changing your mental focus and perceptions about food and about yourself. Listen to this first session

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each day for 7 days. Do not worry about whether or not you are hypnotized, simply enjoy the time you have set aside for yourself to take a break from the stress of the day and commit to change.

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4.) Second session on CD 1: This is a short hypnosis session, designed to give you a ten minute time to focus on managing stress and learn the techniques that will help you make change. It is empowering and designed to be used during week two on a daily basis for 14 days.

5.) Audio CD 2 – Session One: The first session is a longer session, focusing on breaking addiction to obesogens and radically changing your subconscious associations. Listen to this first session on the second CD during week two at least three times.

6.) Second Session -Audio CD 2: This is another short session designed to help you increase activity, burn calories and continue to make transformational change. Each of these audio recordings will have additional suggestions and instructions.

7.) SuccessFit Cooking DVD: This DVD will teach you how to prepare many healthy foods. Please realize this is only a sampling of possible food choices. You should view this DVD as soon as possible. In addition to recipes, there are many nutritional facts and ideas for really incorporating the ideas into your lifestyle – even if you choose not to cook any of the recipes. Pay attention to the section called “The art of making salad”. You are encouraged to buy other cookbooks and seek out information about healthy cooking. There is a wealth of information available online to anyone who is looking for healthy recipes. People can only make change when it they know how to make change.

8.) Review the printable recipes. Bring them to the store with you and choose healthy foods that are easy for you to prepare.

9.) If you are a hypnotherapist or counselor who has ordered this program to earn CEU credit, please complete the exam and return to our office by fax or mail.

10.) If you are a professional, you can review the enclosed hypnotherapy scripts and use this information to assist in structuring suggestions for your clients.

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We recommend the following inexpensive books which have many healthy recipes: Eat For Health: Lose Weight, Keep It Off, Look Younger, Live Longer -

Two book set by Joel Fuhrman, MD

American Heart Association Quick & Easy Cookbook: More Than 200 Healthful

Recipes You Can Make in Minutes by American Heart Association

The Complete Vegan Kitchen: An Introduction to Vegan Cooking with More than 300

Delicious Recipes - from Easy to Elegant by Jannequin Bennett

Raw Food Made Easy For 1 or 2 People - by Jennifer Cornbleet

Vegan on the Cheap: Great Recipes and Simple Strategies that Save You Time and Money by Robin Robertson

Please note: The SuccessFit program is not a Vegan program, but as you make healthy choices you will find more vegan dishes to be interesting and healthy. Most people do not know how to prepare these dishes and add them to a healthy lifestyle, so for this reason we think it is important to increase your food preparation skills in this area of the kitchen. Once you become familiar with the benefit of vegan or vegetarian meals you will become less intimidated by them. We encourage you to have fun with the recipes and make them your own!

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SuccesFit Recipes:

Vegan Blueberry Yum-Yum Ice Cream

3/4 Cup Lite Coconut Milk
1 Cup Strawberries
1/2 Cup Blueberries
4 Bananas

Cut bananas into small pieces then freeze the bananas, strawberries and blueberries in a zip-lock bag for 24 hours.

You must use a strong blender such as a vita-mix or ninja to make this recipe. Place bananas in blender, add the coconut milk and blend. After it begins to blend, add blueberries and strawberries and continue to blend. You can add coconut milk a little at a time to lubricate the blades. Mix to the consistency of soft serve ice cream. Freeze any leftovers in muffin tins. It will freeze very hard like a nutritious popsicle.

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Tom-Yum Soup

Richard Nongard's Healthy Tom Yum Soup

Vegan version included:

8 Cups Water

1 Lb Medium Shrimp with shells and heads

½ Lb Squid

(Optional -- leftover fish pieces)

2 Cups Shitake Mushrooms

1 Package Enoki Mushrooms

8 Cups Water

2 Tomatoes

¼ Onion

¼ Cup Bamboo Shoots

2 Lemon Grass Stalks

5 Lime Leaves

5 Slices Galangal or Ginger

2-4 Red Peppers or Jalapeno

1 ½ T. Fish Sauce

2 Limes

1 t. Hot Chili Paste

1 T. Tom Yum Paste (You do not need Tom Yum paste. For a vegan or super healthy version add a little paprika, sea salt, garlic, coconut oil, sugar if you want to avoid MSG or to make a vegan dish - don't add a lot of these ingredients, just enough to spice it up.)

½ Cup Bean Spouts

Basil Leaves for garnish

(To make a Vegan version; use vegetable stock, add broccoli, water chestnuts, pickled baby corn, more tomato and just about anything else you think is yummy)

Step 1: Make stock by peeling shrimp and adding heads and shells to 7- 8 cups boiling water. Let it boil for 20 minutes on medium or low-medium. Stir often. Turn to low, let it sit 20 more minutes. Drain stock into a new pot, leaving shrimp heads and shells behind by using a strainer.

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Step 2: Add everything except the shrimp, mushrooms, squid, bean sprouts, basil. Let it all boil, reduce to medium for for 5-7 minutes.

Step 3: Add mushrooms, squid, fish pieces, and peeled shrimp. Let it boil, reduce and stir often for 10-12 minutes.

Step 4: Serve in Asian soup bowls, with a garnish of bean sprouts and basil leaf. You can add a bit of fried tofu if you desire.

Vegetarian Sausage Pizza

1/2 Lavash Whole Grain Wrap
1/3 Cup Natural Marinara Sauce
1/3 Cup Low Fat, Low Sodium Mozzarella Cheese
1/4 Vegan Italian Sausage
2 Artichoke Hearts diced
3 Diced Mushrooms
1 T. Olive and Roasted Tomato Relish

Use non stick spray to spray pizza pan, and use a pan with holes in it to make it crispy. Add marinara sauce, cheese and other toppings. Bake in

400 degree preheated oven for 5-6 minutes. Cut into slice and serve.

This is a great family dish. Kids love to make their own pizza!

Mexican Hummus

1 Can Black Beans (drained)
1/2 Cup All Natural Salsa
1 t. Chili Powder
1 t. Cumin
1/2 Cup Carrot
Optional: Add onions or jalapeno

In a food processor or good blender combine all ingredients until smooth. Serve with an assortment of vegetables cut into bite sized pieces. You can use carrots, cucumbers, green peppers, red peppers – use a variety of colors. This hummus is also very good with homemade tortilla chips or pita.

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Stir-Fried Shrimp and Bok Choy

2 stalks of Bok Choy
1 T. Coconut Oil
1 t. Garlic
1 t. Ginger Root (optional)
8-12 Cleaned Shrimp
1/2 Cup green beans, snow peas or long beans
Bamboo Shoots (Optional)

Wash Bok Choy, peel shrimp. Put coconut oil in skillet, and add garlic. Let it brown and then add green beans. Stir 2-3 minutes. Add shrimp, let them turn pink. Lastly, add Bok Choy and stir another 4-5 minutes until the stalks are crunchy but the leaves have wilted. YUM!

This can be served on brown rice or can also become a vegan recipe by using Tempah, tofu or simply omitting the seafood and adding additional vegetables like baby corn or water chestnuts.

No Oil Hummus

2 Cans of Garbanzo Beans (drained but put liquid aside for use)
1/4 Cup Red Bell Pepper
2 Cloves of Garlic
1/3 Cup of Tahini
Paste
1 Lemon
1 t. Cumin
1/4 t. Paprika
Parsley
(Olive Oil is traditional, but optional - I do not add any when I make it)

Mix all ingredients in a food processor or blender. Add liquid from the garbanzo beans to acquire desired consistency. Serve with an assortment of raw vegetables. Again, use a wide variety of color. Red peppers, green broccoli, orange carrots.

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Scandinavian Shrimp Salad

1/2 Lb. Shrimp (small or cut up)
Lime Wedge
Lemon Wedge
½ t. Mustard
Avocado
1/4 Cup Lite Mayonnaise
1 1/2 T. Fresh Dill
1 Tomato
1 Celery Stalk
¼ t. White Pepper
1 Egg – Hard Boiled

Cut one wedge each of lemon and lime. Cut up cucumber and celery into bite-size pieces. Fine chop dill. With shrimp in a medium size bowl, squeeze lemon and lime onto shrimp and add celery, cucumber and dill. Add ½ t. yellow mustard and ground white pepper. Begin adding mayonnaise and mix together. Slice tomato and hard boiled egg and avocado. Serve shrimp over avocado. Add tomato and egg as garnish.

Vegetarian “Steak” Sandwich

1 Slice Sprouted Grain Bread
Lemon Pepper Tempeh
Lite Mayonnaise
Mustard
Lettuce/Mixed greens garnish

Warm flavored tempeh in skillet, and fresh ground pepper if necessary. Toast bread in toaster. Assemble sandwich by placing a small amount of lite mayonnaise, mustard on the bread and then create a bed of lettuce. Add warmed tempeh strips to the top of this. Eat it up, yum!

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Singapore Salad

1/3 Lite Coconut Milk
1 T. Orange Honey Balsamic Vinegar
2 Tangerines or Oranges
Fresh Strawberries
Spinach
Hearts of Romaine
Macadamia Nuts

Assemble salad: Cut spinach and lettuce into bite size pieces. Place some baby spinach and sliced romaine hearts on a large plate. Arrange sliced strawberries and tangerines on top of salad.

Create dressing: place in a food processor combine one large peeled orange with 1/3 cup coconut milk and the orange honey vinegar. Let it liquefy, then add ¼ cup of macadamia nuts and blend.

Top salad with the coconut orange dressing.

Breakfast Tacos

¼ Cup Vegan Italian Sausage
3 Eggs
Low Fat Mexican Cheese
Organic Salsa
2 Stone Ground Flour Tortillas

In frying pan warm sausage that has been cut up into bite size pieces. Optional - onions, bell peppers, and mushrooms can also be added. Now scramble three eggs in bowl and pour mixture over sausage and optional veggies. As they scramble together, warm two tortillas in skillet with no butter or oil. Top warmed tortillas with low fat cheese blend and add salsa to taste.

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Simple Broiled Fish

One Trout Filet (or any other fish)

½ t. Mrs. Dash Seasoning

Fresh Lemon

¼ t. Chopped Garlic

Preheat oven to 350. Combine juice of lemon in bowl with garlic and Mrs. Dash. Place fish on aluminum foil that is sprayed with no-stick spray, drizzle filet with the garlic lemon marinade and bake for 9 minutes. Lastly, move to broil for 3-4 minutes.

Ginger Long Beans (or Green Beans)

1 lb. Long Beans or Green Beans

1 Cup Lite Coconut Milk

3 Cups Cabbage

1 T. Ginger

2 Lemon Grass Stalks (or 1 T. canned)

¼ cup Bamboo Shoots

1 Red Jalapeno Pepper cut up

1 T. Coconut Oil

Chop cabbage into thin long slices. Chop up ginger, jalapeno peppers, bamboo shoots and lemon grass. Heat coconut oil in wok and add ginger, lemon grass and jalapeno peppers. Stir until peppers are soft, slowly stir in coconut milk. Add green beans and stir for about 5 minutes letting flavors mix on medium heat. After about 3-4 minutes green beans will begin to soften. Add bamboo shoots and stir for 1 more minute. Lastly, add cabbage and stir together until cabbage is coated and begins to get a bit soft. Now serve!

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Thai Fresh Rolls

Rice Paper
Matchstick Cut Carrots
Steamed or Boiled Shrimp (cold)
Fresh Basil Leaves, Cilantro or Mint
Bean Sprouts
Iceberg Lettuce

Shred lettuce. Place rice paper on cutting board and run under cold water for 15 seconds. Bring to table and place shredded lettuce, matchstick carrots, basil leaves, bean sprouts in center, along with 3 pieces of cold shrimp. Add Thai dipping sauce if desired. Rice paper will become soft and workable. Roll as a “egg roll” or “burrito”.

Thai Dipping Peanut Sauce

1 Fresh Lime
1 t. Soy Sauce
1/3 Cup Crunchy Peanut Butter
1 t. Fish Sauce
1 Fresh Garlic Cloves
1 T. Fresh Ginger
1/3 Cup Coconut Milk
2-3 Fresh Basil Leaves
¼ t. Chili Paste

Combine all of the ingredients in food processor and blend. Use as dip for spring rolls, or as topping for stir fry. This is a very tasty condiment!

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About Richard Nongard

**RICHARD K. NONGARD,
LMFT/CCH EXECUTIVE
DIRECTOR**

Licensed Marriage and Family
Therapist Certified Personal Fitness
Trainer Certified Clinical
Hypnotherapist

Richard K. Nongard is among the most qualified professionals in the Southwest, and has authored many books, videos and professional educational materials, including hypnosis textbooks. He holds advanced degrees on both Religion and Counseling, and has been trained in the USA, Canada and Europe.

Richard is an innovative leader in the field of psychotherapy and hypnosis, and over the last 20+ years he has trained thousands of professionals including ministers, medical doctors, psychologists, social workers, family therapists, hypnotherapists and professional counselors in ways to do a better job serving their clients.

He is the creator of the [QuitSuccess® Tobacco Cessation Treatment Program](#) used by hospitals and healthcare groups across the country. All hypnotherapists are not created equal. When you contact Richard K. Nongard, you are calling one of the top hypnotherapists in the country. and the results you experience will be magnificent!

RICHARD THE CLINICIAN

Richard, a licensed mental health professional, has been providing individual and group therapy services in a variety of clinical setting for almost 20 years. He is also a Certified Personal Fitness Trainer and understands the importance of physical wellness to emotional health. He is board certified in medical and clinical hypnotherapy and has spent much of his professional career working with addiction treatment in the context of families and criminal justice settings. He has also served as associate pastor in both the Christian Church (Disciples of Christ) and the EFCA. His approach to counseling is praxeological: seeking solutions for clients from a holistic perspective, focusing on wellness rather than pathology.

RICHARD THE EDUCATOR

Richard's lighthearted and humorous approach makes him a popular and frequent speaker at national and international conferences, such as a featured instructor on Professional Ethics for the European Branch of the American Counseling Association in Germany, teaching "Skill-Building Hypnosis Training" at the ACA's 2008 conference in Hawaii, and for many other organizations. He was the 2007 recipient of the Hypnotism Achievement Award, and the 2008 recipient of the ICBCH's "Instructional Hypnosis Video of the Year" award.

RICHARD THE AUTHOR AND HELPER

His is the author of several bestselling textbooks on counseling and hypnosis subjects, including "11 Solutions to Highly Difficult Clients", "Nose-Rings and Bellybutton Rings: A User's Guide to the Next Generation," "Inductions and Deepeners, Styles and Approaches for Effective Hypnosis," and "The Little Black Book of Stage Hypnosis Secrets."

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